



June 2011 Health Tip School District 17

The Benefits of Skipping (Jump Rope)

Skipping is perhaps one of the easiest and most convenient forms of exercise imaginable – it can be practiced by virtually anyone, of any age and level of fitness.

Skipping is a favorite form of physical activity for students. It helps to demonstrate that exercise can be easy and fun, as well as helping to build self esteem and encourage competitive activity. Some students find it a good way to meet other students and overcome shyness.

The following are a few skipping rhyming games to try on the playground or at home outside:

Birthday Game

For this game, skippers jump into a turning rope when their birthday month is called. Eventually, all skippers will be skipping together. As their birthday day is called they jump back out.

*All in together
Never mind the weather
When I call your birthday
You must jump in
January, February,
March, April,
May, June,
July, August
September, October
November, December*

*All out together
it's mighty fine weather
when it's your birthday
please jump out
1, 2, 3, 4, 5, etc. to 31*

Coffee and Tea

(Plug in name of next jumper for the name. As each jumper jumps they chant the rhyme, saying the name of the next person in line. That person jumps in as the ropes are turning and both jump together while counting.)

I like coffee, I like tea,
I like Anna to jump with me.
1 - 2 - 3 - 4 - 5 (during the count, both jumpers jump together - then the first jumper jumps out - the second jumper now chants the rhyme using the name of next in line.)

Teddy Bear, Teddy Bear

(Jumper performs each action as it is said - such as "turning around" - while jumping the rope at the same time.)

Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, touch the ground
Teddy bear, teddy bear, stick out your tongue
Teddy bear, teddy bear, have some fun.
Teddy bear, teddy bear, go upstairs
Teddy bear, teddy bear, say your prayers
Teddy bear, teddy bear, turn out the lights
Teddy bear, teddy bear, say goodnight.

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Hydrate.... the healthy way!

Summer is on its way... hooray! During the warmer summer months it is very important to make sure our bodies remain well hydrated. After oxygen, water is most important for optimum health. Why? It's quite simple- your body is over 70% water.

How much water do you need? A general rule of thumb is to take your body weight in pounds and divide by 2. This is the minimum amount of water in ounces that we should drink every day. (Two ounces typically equals two- three child size gulps). On hot days or when we are sweating a lot, we will need to increase this amount. Also, remember to drink before, during and after exercise.

Thirst is not a good indicator for hydration. By the time children are thirsty, they are already dehydrated. A good indicator of hydration is the color of the urine. When a child is sufficiently hydrated their urine is clear. The darker the urine is, the more dehydrated their body is.

Flavourings may be added to water to encourage consumption. Try a squirt of lemon, lime or other fruit juice to perk up the taste of water. Be careful of sugar sweetened beverages such as pop, sports drinks, fruit punch, fruit drinks, lemonade, or sweetened powder drinks. These beverages add a lot of extra sugar which can harm the teeth as well as add extra calories.

Enjoy the summer... keep your body active, drink plenty of water and protect your skin from the sun!

Try this summertime smoothie. It won an award in Ontario for a children's recipe challenge. It is a blend of everything kids love!



375 ml vanilla soy beverage
250 mL lightly packed spinach (or kale)
1 ripe banana
125 mL fresh or frozen raspberries
125 mL fresh or frozen blueberries
2 ice cubes
Combine all ingredients in blender and puree until smooth. Makes 4 servings.

Dietitians, Public Health, zone 3, Horizon Health Network

Fighting Nature Deficit Disorder

With so many options for indoor recreation for children, parents are all too aware how much time their kids spend parked on the couch watching TV or glued to a computer/cell phone/gaming system.

Mix these digital items with the fear of "stranger danger" and you get children spending less time enjoying the great outdoors. This trend has been dubbed by author Richard Louv "nature deficit disorder" in his influential book "Last Child in the Woods."

Louv says that in the last 30 years kids have become more plugged-in at the expense of losing their connection with the natural world. He feels this could lead to consequences not only for physical fitness, but also for long-term mental and spiritual well-being, citing "increased feelings of stress, trouble paying attention, and feelings of not being rooted in the world."

It's up to parents to get them unplugged and outside. It can be a challenge to try and convince kids to get outside. Be creative, go to the park, explore your backyard, create a more nature-friendly backyard with bird feeders and a birdbath, or try camping in the backyard. Geocaching is a modern treasure hunt using a GPS to send seekers for stashes of fun stuff placed by other geocachers. Baby steps, such as 15 minutes a day of unstructured outside play. With summer on its way what better time than today!

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